

# Coleslaw

**Season:** Spring

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Cabbage, spinach, carrot & lettuce

**Class focus:** Shredding, grating & cutting vegetables into thin strips



<b>Equipment:</b>	<b>Ingredients:</b>
Small mixing bowl x 1 Large mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Grater x 2 Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Serving spoon x 5	1 cos lettuce (cut into thin strips) 1 handful of spinach (cut into thin strips) ¼ cabbage (finely shredded) 1 carrot (skin-on, roughly grated)  <i>Creamy Dressing:</i> 2 tablespoons apple cider vinegar 4 tablespoons mayonnaise 2 teaspoons Dijon mustard ½ teaspoon salt 10 grinds of pepper

## What to do:

1. Wash all the vegetables and dry the salad leaves using a salad spinner.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix all the ingredients for dressing in a small mixing bowl.
4. Put all the salad ingredients in a large mixing bowl.
5. Pour over dressing and toss well.
6. Serve into 5 large serving bowls with a serving spoon in each.